

**FORT MCMURRAY:  
ONE YEAR LATER**

# LESSONS FROM FIRE

**DAY 2:** Firefighters talk about what they learned from last year's disaster ahead of this burning season **metroNEWS**

# Halifax metro



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(calmly, coolly avoiding  
Trump talk)  
**metroNEWS**

Your essential daily news | TUESDAY, APRIL 25, 2017

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## THE Y OF IT ALL



The work on the YMCA development project, pictured left, continued on Monday. Right: The proposed rendering for the building.  
PATRICK FULGENCIO/FOR METRO; COURTESY YMCA

**Judging by the expected jump in members, the downtown YMCA is needed more than ever**  
**metroNEWS**

## Checking street checks in Halifax

### RACIAL PROFILING

### Community wants human rights group to work with police



**Yvette d'Entremont**  
Metro | Halifax

Halifax's board of police commissioners passed a motion Monday that will see Halifax Regional Police work with the Nova Scotia Human Rights Commission on the issue of police street checks.

Data released by both Halifax Regional Police and Halifax RCMP in January showed black people are more than three times more likely than white people to be street checked.

Last month, the Nova Scotia Human Rights Commission received a letter from Michelle Williams, Robert Wright and Shawna Hoyte requesting a call for action against street checks and more information about the statistical data.

"We've been working very closely with the community and the people that wrote the letter in terms of what they wanted to see. This was very much on the



Maybe we need to be collecting more information in some areas. We'll find out through the process, but I think this is a great next step.

Christine Hanson

top of their list," said Christine Hanson, director and CEO of the human-rights commission. "They wanted to better understand the data and then after-

wards they would like to just have an open conversation in a very constructive way to talk about how do we deal with whatever we find."

After Monday's meeting, Hanson said the next step is identifying an expert to review the police street-check data.

The commission will be paying the costs of that analysis.

"It's not easy (interpreting the data), but there are experts who have the ability to answer some of those questions for us and they can at least point out as well where there may be gaps in the information," Hanson said.



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## SHOOTING

### Unsolved case added to rewards program



**Philip Croucher**  
Metro | Halifax

A five-year-old unsolved murder case has been added to the province's rewards program.

Around 2 a.m. on June 1, 2012, police responded to reports of a shooting at Winston's Bar on Lacewood Drive and found 27-year-old John Fulton Newcombe on the sidewalk.

An autopsy revealed he died of a gunshot wound. Police say that Newcombe was shot in the parking lot after leaving the bar, and the shooter fled to Willett Street where he was picked up by a car. Police believe Newcombe was the intended target of the shooting.

In a release issued on Monday, the province's justice department

announced that the killing was being added to its Rewards for Major Unsolved Crimes Program, which can see up to \$150,000 handed out to anyone sharing information that leads to an arrest and conviction.

"We can't imagine what John's loved ones have been going through for the past five years," Supt. Jim Perrin, officer-in-charge of the Integrated Criminal Investigation Division for Halifax, said in a statement.

"Investigators have continued to actively investigate John's murder but one of the main obstacles they face is a lack of co-operation from people who know what happened. We hope that adding John's case to the rewards program will motivate someone to break the code of silence and come forward with what they know about his murder."

## Halifax DIGEST

### CRIME

#### Woman charged with DUI after collision

A 27-year-old woman is facing impaired driving charges after crashing into another vehicle in the Lower Sackville McDonald's drive-thru on Sunday.

The collision resulted in damage to both vehicles, but none of the occupants were injured.

The driver of the truck, who was from Mount Uniacke, faces impaired related charges after refusing to provide a breath sample. METRO

### MILITARY

#### Helicopters to fly low across Nova Scotia

Helicopters will be flying low throughout the province as part of a military exercise this week, the Canadian Forces said on Monday.

Nova Scotians may be able to see on Monday through Friday the Royal Canadian Air Force CH-146 Griffon helicopters, an RCMP ASTAR-350 helicopter, and UH-60 Black Hawk helicopters from the United States flying overhead. METRO

# Sandeson jury see interview footage

## COURT

### Accused told police he never met up with murder victim



**Zane Woodford**  
Metro | Halifax

The jury in William Sandeson's first-degree murder trial watched video of his first police interview on Monday, and saw text messages that the Crown says contradict the statements he made in it.

Sandeson, a 24-year-old former Dalhousie University medical student, is accused of killing Taylor Samson, 22, a fellow Dalhousie student after a "drug deal gone bad" in Halifax on Aug. 15, 2015.

In Nova Scotia Supreme Court on Monday, the jury saw video of Sandeson's interview with police three days later, on Aug. 18, 2015 — when Samson was a missing person, and Sandeson was a potential witness, not a suspect.

RCMP Sgt. Charla Keddy took the stand to introduce the video of herself speaking with Sandeson for more than an hour and a half. She described Sandeson as "very polite and cooperative." In the video, Sandeson, dressed in a ball cap, shorts and a T-shirt, is calm and forthcoming with his answers to Keddy's questions.



In this photo of a video played to the jury in his trial, William Sandeson speaks to RCMP Sgt. Charla Keddy during a police interview on August 18, 2015. ZANE WOODFORD/METRO

Sandeson denies having met up with Samson the night of Aug. 15, saying he last saw him on Aug. 13, when he was with him to sample some marijuana Samson was selling.

Sandeson tells Keddy he and Samson were supposed to meet Aug. 15 for a deal involving a small amount of marijuana, but Samson never showed up.

Sandeson had used a cell-phone application called Nextplus to talk to Samson and plan this meet-up, but he told Keddy he'd deleted the app the day before

"because he got nervous about selling marijuana."

In the interview, he and Keddy leave the room — once to get Wi-Fi to download the app back onto his phone, and another time to let police photograph the messages. Those photographs were compiled in a book and given to the jury on Monday.

Keddy reviews some of the messages from the night of Aug. 15 in the video.

At 10:24 p.m., Samson texted Sandeson, "I'm out back of the building now."

## + NEXT DATE

The trial is scheduled to resume Thursday morning.

One minute later, Sandeson texts, "I'm walking out now."

"I went out and there was no one there," Sandeson tells Keddy in the interview.

The Crown said in its opening statement the jury would see surveillance video of Samson walking into Sandeson's apartment carrying a large black duffel bag.

And the Crown told reporters Monday all of the messages, which Keddy didn't have a chance to review at the time and were only briefly shown to media Monday, don't back up what Sandeson told police.

"The text messages show a different state of affairs, we submit, than what was described to Sgt. Keddy during the interview," Crown attorney Susan MacKay told reporters outside court.

The jury also heard Monday from three women who work at the small options home in Sackville where Sandeson worked in August 2015.

One of the three testified she worked with Sandeson on Aug. 16, 2015. That morning, she said he was coughing, and told her he'd been cleaning the night before and had inhaled some bleach.

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**Premier Stephen McNeil.** THE CANADIAN PRESS

# Bayers Lake is no place for an outpatient clinic



**Tristan Cleveland**  
For Metro | Halifax

Last week Stephen McNeil announced the Liberals will put a new QEII outpatient centre in Bayers Lake. It's a stupid

choice they should rethink. Saying an industrial park is a great place for a hospital facility is like saying a typewriter is a great computer. Yes, it will treat patients and it will be easily accessible from highways. And yes, typewriters are good for writing. But when a government spends hundreds of millions of dollars on a building and its employees for decades, the project better damn well accomplish more than one thing. A computer without internet and photos is a dud, and a hospital whose location does nothing for our economy, transportation and health is a very expensive dud. Here are three areas to think about when it comes to the outpatient centre:

**Economy**  
Consider Acadia University's buildings in Wolfville. Yes, people go to them and learn things. But people also leave those buildings and spend money in local businesses. They bring life to the main street and make it feel like a place people want to come back to. They buy homes nearby and they pay taxes. In short, they make the whole town a viable economic project, which is why Wolfville is one of the only growing

rural places in Nova Scotia. And yet, for decades, our governments have been putting expensive new institutions in the middle of nowhere on cheap land where they do nothing to benefit the region. If the government doesn't want to put a hospital building downtown, fine, but put it in a community, any community. Put it somewhere where pharmacies, restaurants, physio clinics, optometrists, inns, restaurants and cafes can spring up and support economic life.

**Transportation**  
Halifax's Urban Design Manager, Jacob Ritchie, pointed out on Twitter that the Laceywood Terminal in Clayton Park would be a good spot for it. A terminal means 13 bus lines already go there,

suck for the fully one-third of us who can't drive.

**Health**  
It is now so hard to walk or bike to do anything in Canada that we spend \$2.4 billion yearly on treating the direct health consequences of inactivity. Nova Scotia's Thrive Strategy and our Sustainable Transportation Strategy both said we were going to smarten up and start putting institutions in places that at least someone can walk to. I asked Transportation Infrastructure Renewal if they considered that goal in their decision and they said a bike lane is nearby, ignoring that this still means absolutely no one will walk. It's bizarre and frankly idiotic to undervalue health in the location of a hospital.

**Saying an industrial park is a great place for a hospital facility is like saying a typewriter is a great computer.**

so taxpayers wouldn't spend a dime to accommodate the new passengers, and the hospital would generate way less traffic. Thousands of people in Clayton Park could just walk. If it goes in Bayers Lake, we'll have to divert buses from where they're needed to an outlying place where no one lives. And even with extra buses, access will always

The economic, transportation and health impacts of massive government investments aren't all just added bonuses. Without them, a project isn't an investment in our future, it's just spending money. If the Liberals think a hospital facility in an industrial park is a good use of tax dollars, then I have a very fancy computer to sell them. It types.

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# New YMCA would fill void

## DEVELOPMENT

**Facility expects to have 8,000 members — up from 1,500**



**Julianne Steeves**  
For Metro | Halifax

Lorrie Turnbull is counting down the months.

Sidewalk closures and construction noise on the corner of South Park and Sackville streets is the norm these days, with the new John W. Lindsay YMCA in downtown Halifax set to open early in 2019.

Turnbull, the project director for the new YMCA facility, said on Monday she is looking forward to getting back into a dedicated building in the downtown core, to "just get to know our community again."

"It's a type of operation where it's really busy, you have thousands of people that you're engaged with and to not have that, it created quite a void," said Turnbull.

By the time the new facility



The rendering for the new development on Sackville and South Park. CONTRIBUTED

opens, there will have been a five-year gap without a YMCA and all the services it offers downtown. In that time, some youth recreation programs and adult fitness programs have moved to the YMCA on Gottingen Street. The YMCA's therapeutic programs are at the Nova Scotia Rehab Centre for now. Other programs

have found temporary homes in places like church halls.

Turnbull said they'll be busier than before at the new facility. They're planning for between 6,500 to 8,000 members at the new facility. The old facility had 1,500 members.

"You also have your day users, your program participants that come in, so the num-

ber goes up from there," said Turnbull.

The former CBC and YMCA buildings were shuttered in 2014 and demolished, and the site was excavated. Construction of the building didn't begin until earlier this year.

It took time for permits, permissions, approvals and funding to come through, said Brian

## + FUNDING

On Monday, the federal and provincial governments announced they are each contributing \$5 million to the project. The YMCA has provided the remaining \$22.9 million of funding. The building as a whole is a Southwest Properties development.

Posavad, president and CEO of YMCA of Greater Halifax/Dartmouth. Some people are getting impatient for the next chapter.

The new YMCA will be the official recreation deliverer on the Halifax peninsula, providing things like children's programs, health and wellness, and swimming lessons. They will also continue to provide immigration services sponsored by the province.

Posavad said he thinks it will become a community hub: there will be space for kids to play, community organizations to meet, and a fitness studio for classes like Zumba, yoga or spinning.

## MOUNT SAINT VINCENT

# University to honour 3 women

Three notable Canadian women will be joining students at the Mount Saint Vincent University spring convocation next month to receive honorary degrees.

1. Haley Wickenheiser, considered one of the best female hockey players in the world, joined the Canadian Women's National Hockey Team at age 15. She was appointed to the Order of Canada and, in 2015, inducted into the Walk of Fame.

2. Elizabeth Fountain graduated from Mount Saint Vincent University in 1979. She has worked in law and business with her husband. Fountain (and her family) has been a supporter of many community organizations such as the Laing House, Symphony Nova Scotia and the creation of the Fountain School of Performing Arts.

3. Gail Asper is president of The Asper Foundation which led the creation of the Canadian Museum for Human Rights in Winnipeg.

Wickenheiser and Fountain will be honoured on May 18. Asper will receive her degree the following day. METRO

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## INDIGENOUS ISSUES

# Schools could get Mi'kmaq nod

The morning ritual for Halifax students may soon be expanded beyond the national anthem, to include a daily reminder that their school sits on traditional Mi'kmaq territory.

A member of the Halifax Regional School Board is proposing that an acknowledgment

be read out as part of morning announcements.

Jessica Rose, the board's Mi'kmaq representative, said Monday that the proposal was brought up at a committee meeting last Wednesday with hopes it can be adopted and in place by September.

Rose said the gesture may help indigenous students gain a sense of pride in their heritage.

Rose said the idea came from a colleague, who saw that the Toronto District School Board had introduced a similar motion last year.

THE CANADIAN PRESS

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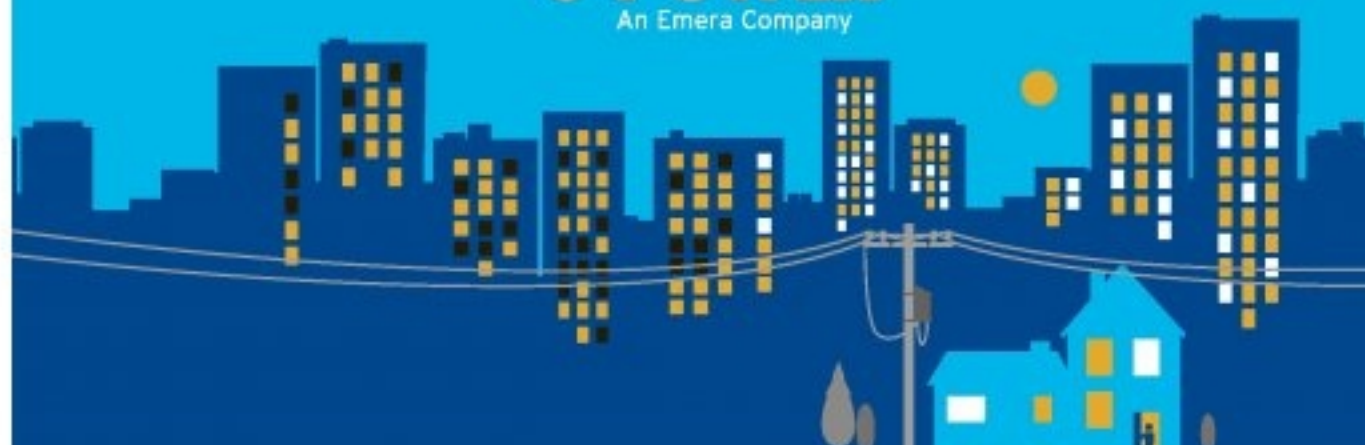
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The Vancouver Aquarium has seven African penguins. The aquarium is hoping the creatures will motivate people to help save the endangered animals. WANYEE LI/METRO

# Flying the flag on World Penguin Day

## ECOLOGY

### B.C. aquarium hopes birds charm, inspire conservation



**Wanyee Li**  
Metro | Vancouver

It's World Penguin Day Tuesday April 25 and while Vancouver is not the natural home of any penguins, the aquarium hopes its seven African penguins will charm people enough to save the endangered animals.

The seven birds spend their day eating herring, playing with cat toys, and waddling around the Vancouver Aquarium exhibit.

Each penguin has its own personality, said Kristi Heffron, a senior marine mammal trainer at the aquarium.

"They do like shadows so sometimes we'll do shadows with our hands. There are other times where they'll amuse themselves chasing a bug around."

But their cousins in the wild are not so lucky: 95 per cent of the world's penguin population has been decimated in the past two decades, according to the aquarium.

Heffron hopes the aquarium's penguins can convince people to do what they can to help penguins in the wild. The biggest thing people can do is eat sustainably caught seafood, she said.

Wild penguins are monogamous for life and their counterparts at the Vancouver Aquar-

ium are no exception — six of the birds are partnered up, according to Heffron.

This pairing behaviour is not immediately obvious while the penguins are in the exhibit but trainers say it's clear when the animals go to bed.

"At night, you can definitely see a preference. Steveston will like to hang out with Lillooet and vice versa," said Heffron.

The penguins, who are named after B.C. places, wear coloured bands to help trainers ID them.

The seventh penguin, Hope, does not have a partner but seems especially interested in humans, said Heffron.

"She doesn't seem to mind that the other birds are paired up. She'll see us and run over to us to hang out with the trainers."

## #WomenOnBoards

### U.S. firm to tackle gender equality



**Ryan Tumilty**  
Metro | Ottawa

An American firm meant to bring more women to corporate boards is expanding into Canada, with the company set to ring the opening bell at the Toronto Stock Exchange Tuesday.

The Boardlist began in Silicon Valley as a website that uses nominations to highlight women who could be available to join a corporate board. The company currently has 1,600 women available, who have been recommended by their industry peers.

Sukhinder Singh Cassidy, the company's founder, said Canada made sense as an expansion hub, not only because it's close, but also because Canadian companies and the government are concerned about representation.

"I am excited to see Canada has had a gender diversity agenda, driven by the prime minister," she said. "It felt like it was a very right market for us to expand into."

The company launched in the U.S. a year and a half ago and has grown steadily.

Cassidy said not having a diverse board can stop companies like tech startups from seeing why they struggle to at-

tract staff.

"These gaps are some of the things that are preventing them from being able to harness the power of the workforce."

She said companies are also seeing a generational change in leadership and realize they have to transform.

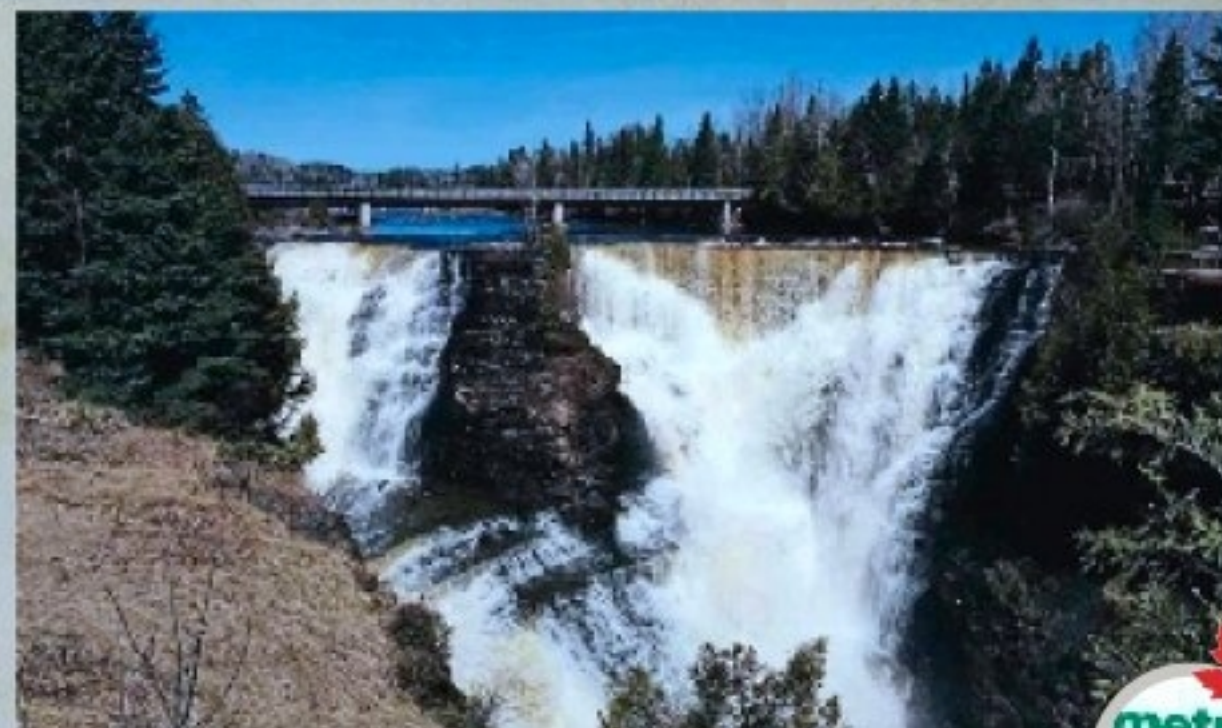
"There is pressure to add new directors and particularly new directors that understand new customer segments like millennials."

She said bringing the company to Canada will expand the pool of qualified women that can serve on boards, and expose qualified Canadians to new opportunities.

## 150 WAYS of looking at Canada

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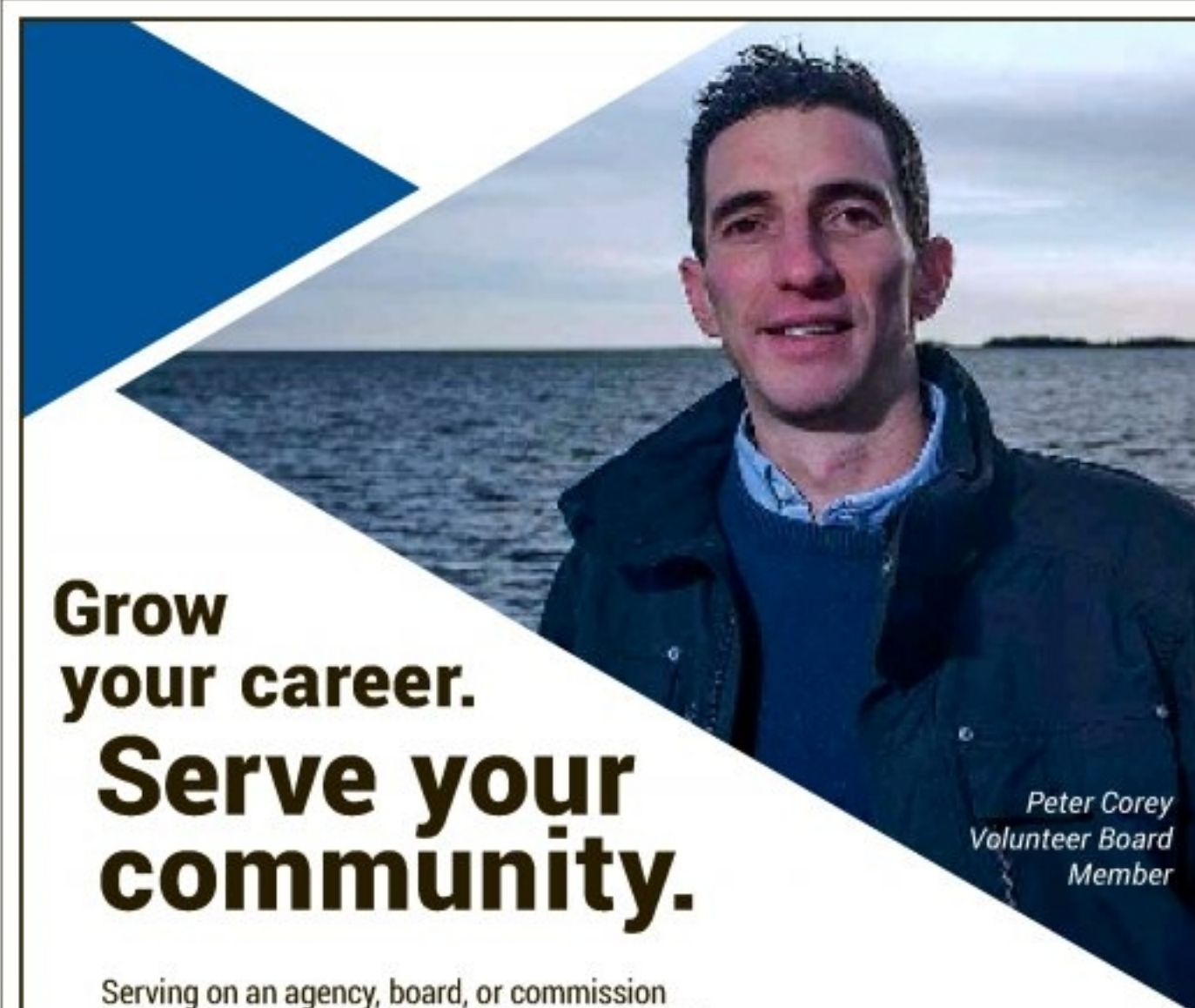


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# Wildfires get 'more complex' Aid fund grows to hit \$323M

SAFETY

## Emergency experts explain major lessons from disaster



**Alex Boyd**  
Metro | Edmonton

Buried underground on the western shore of Gordon Lake in northern Alberta, the forest fire dubbed "The Beast" lives.

Not that Bernie Schmitte, the forest area manager for Fort McMurray, uses that moniker.

"We don't name our fires after mystical creatures," he said dryly.

His team is now gearing up for a new fire season — and learning from last year.

He is in charge of both forest management and firefighting for an area of boreal forest that starts south of Fort McMurray and stretches up to the Northwest Territories.

His Fort McMurray office is a command centre full of screens that track everything from the location of water bombers and lightning strikes, to the amount of food each camp has in stock.

"Wildfires are becoming larger and more complex and harder to fight," he said, noting his department constantly evolves to keep up.

The Fort McMurray fire drove home lessons about the importance of building relationships between governmental departments, as well as between government and



Scott Jennings is a firefighter who has just returned to the Fort McMurray area for the new season. This spring, fire teams are hoping to put lessons learned from last year's disaster to use. JENNIFER FRIESEN/FOR METRO

industry, Schmitte said.

"We've learned that sometimes we should do more than just phone calls," he said.

His department is also rolling out improvements that were in the works before the fire, like adding an extra fire crew, enabling fire watch towers to upload weather automatically and hammering out a new fire management plan for the area.

Still, he said his job is a constant balancing act between public safety and the reality of being located in the heart of the boreal forest.

Kerry Anderson, an Edmonton-based fire research scientist with the Canadian Forest Service said that the Fort Mac fire has "elevated the urgency" of ongoing work to make a better model to predict the behaviour of large fires.

"Fire is a natural part of the ecosystem," he noted. "The cones of some trees are waiting for a forest fire to come through before they open up and reseed the forest. It's a forest designed to live and breathe fire."

Since fires are a given — and becoming more frequent

thanks to climate change — more accurate predictions are a necessity.

Even last year, models predicted above average fire risk thanks to warm temperatures and a lack of precipitation, Anderson said. ("Now does that qualify as a prediction of a catastrophic fire that would burn down Fort McMurray? No it doesn't," he added.)

Part of the answer may lie in a new American technology called FireTec that was brought to Alberta after the Slave Lake fire in 2011. It uses a super computer to model how fires behave on the landscape. If scientists understand that better they can start introducing defensive measures like fuel breaks, which are gaps in vegetation created to slow a fire down, Anderson said.

It's only been in use here

for about a year, but Anderson said scientists hope to use it to study what happened in Fort McMurray last year. The province is expected to release a review of the fire response in May, along with recommendations. The RCMP is also still at work on its investigation into the cause of the fire, which is still technically burning.

After monitoring the embers through the winter, crews deemed the fire no longer a threat, Schmitte said, but the goal is still 100 per cent extinguishment. So helicopters will soon drop crews at Gordon Lake to dig out the remaining hotspots from the Horse Creek fire (the official name) and extinguish them once and for all.

"We don't say that a fire is extinguished," Schmitte said, "until it's certain that there are no further hot spots."

**Kevin Maimann**  
Metro | Edmonton

Funds from the biggest Canadian Red Cross campaign in history are still rolling out to help Fort McMurray residents a year after wildfires ravaged the city.

The Red Cross gave an update Monday pegging its grand fundraising total at \$323 million, including donations from more than one million Canadians, \$104 million in matching funds from the federal government and \$30 million from the province.

"This became the largest and fastest transfer of emergency financial assistance ever — not just in Canada, but in the world," said Canadian Red Cross CEO Conrad Sauve.

Distribution started early last year with more than 126,000 electronic fund transfers made directly to residents who registered with Red Cross, to cover rent, mortgage, utilities, food, gas and clothing. The charity also financed close to 11,000 plane and bus tickets for residents to get back home.

More than 3,000 small business owners received a portion of \$30 million earmarked to help them get back up and running, and \$2.8 million went to future disaster planning and preparation.

Sauve said technology made the swift response possible, with thousands of families registering for help online. The Red Cross social media channels surged by more than 6,000 per cent in the days following the evacuation, and 40 volunteers worked full time just to manage those accounts.

Sauve said mental health supports for residents will be a major focus of the charity's work in the region going forward.

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# Obama's talk covers lots, but not Trump

CHICAGO

## Full of advice on leadership for young student leaders

Barack Obama used his first public appearance since leaving office to dole out advice to young people on leadership, social media and even marriage. What he didn't do was mention his successor.

At a forum Monday at the University of Chicago, Obama talked about his formative experiences as a community organizer and as a young politician. But for much of the panel event, he listened.

"Although there are all kinds of issues that I care about and all kinds of issues that I intend to work on, the single most important thing I can do is to help in any way I can to prepare the next generation of leadership to take up the baton and take their own crack at changing the world,"

Obama said during event, which was invite-only and streamed live online.

He told the hundreds of area students in the audience that his focus after holding the nation's highest office will be civic engagement with young people, and that he hopes his presidential library, which will stand near the edge of campus, will be part of that mission.

His first public engagement Monday came as President Donald Trump neared his 100-day mark in office. But Obama shied away from addressing specific policies or his own two terms as president. When it came to current events, he stuck to generalities.

He also dropped in a marital tidbit, saying it's best to "listen to understand" instead of listening "to respond."

"I learned that in marriage," he said to laughs from the audience. "That'll save you a lot of heartache and grief."

THE ASSOCIATED PRESS



Barack Obama visits with youth leaders at the University of Chicago in his first formal public appearance since leaving office. GETTY IMAGES

FRANCE

## Old guard rallies to keep Le Pen out

France's established parties are rallying around the man who helped shut them out of the presidential runoff, maverick centrist Emmanuel Macron — an alliance of convenience aimed at keeping far-right Marine Le Pen out of the Elysee Palace.

Support for Macron poured in from the seat of the European Union, as well as German Chancellor Angela Merkel and Jewish and Muslim groups troubled by Le Pen's nationalist vision.

European stock markets surged, and France's main index hit its highest level since early

2008, as investors gambled that the rise of populism around the world — and its associated unpredictability in policymaking — may have peaked.

For all the paeans to Macron's unifying vision in divided times, it is now up to French voters to decide whether to entrust him with this nuclear-armed nation in the May 7 presidential runoff. Polls consider him the front-runner but that's no guarantee the French will stop Le Pen the way they stopped her father, Jean-Marie Le Pen, from reaching the presidency in 2002. THE ASSOCIATED PRESS

### IN BRIEF

#### Lawyer represents two viral-video passengers

The woman seen sobbing in a viral video after an American Airlines flight attendant took away her stroller now has a lawyer — the same attorney representing a man dragged off a United Express flight earlier this month.

THE ASSOCIATED PRESS

#### Africa trials malaria vaccine

Three African countries have been chosen to test the world's first malaria vaccine, the World Health Organization announced. Ghana, Kenya and Malawi will pilot the injectable vaccine next year with hundreds of thousands of children, who have been at highest risk of death.

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BLUEPRINT by David Hains/Metro

## Five ways San Fran fixed parking

Everyone hates parking. Drivers can't find spaces when they need them, non-drivers argue it's mismanaged real estate, and despite all the frustration nothing changes. But it doesn't have to be this way. San Francisco tired of the status quo, so they harnessed the power of parking for good with SFpark, a \$40-million program to save the city time, money and grief.

1

To get better data, the city installed sensors in asphalt to see when spaces were empty, and adjusted prices up or down by 25 cents based on demand.

**Outcome:** The target occupancy is 60 to 80 per cent. With the app, the city hit that goal 31 per cent more frequently than before, and parking was totally full 16 per cent less often.

3

Less time circling blocks to find parking means less pollution, congestion, and miles travelled — all good things.

**Outcome:** Congestion in peak hours declined by 3 per cent, total miles traveled declined by 30 per cent, and so did greenhouse gases emitted by cars.

5

How much more attractive was it for people to shop or dine in the SFpark pilot areas compared to the control group?

**Outcome:** There was a 30 per cent increase in drivers and passengers in the pilot project area, compared to 9 per cent in the control area.

2

Drivers searching for spaces are a leading cause of congestion, with some studies suggesting they cause as many as half of all traffic jams.

**Outcome:** By always having spots available, cruising went way down — the average search time decreased by five minutes.

4

Variable pricing means parking became more costly next to the baseball stadium during games, but more affordable in off-peak times.

**Outcome:** More spaces were free and the average cost decreased by 4 per cent. At the same time, parking revenue increased, thanks in part to better payment technology.

EDUARDO LIMA/METRO

WORD ON THE STREET by Luke Simcoe for Metro

## A toast to the city-building power of craft breweries



Urban renewal is brewing in Pittsburgh, Pa.

I visited the rust belt city recently to bask in the art and architecture on offer, and check out the city's burgeoning craft beer scene.

Throwing back a pint is hardly an unusual vacation activity, but in Steel City, it's where you imbibe that's interesting.

I washed perogies down with a lager made on-site in a former church. I drank a dry cider in the backyard of the house it was fermented

in. And I heard rumours of an excellent saison brewed at what was once a slaughterhouse.

Chatting with locals, I learned these microbreweries are important anchors in their communities. They draw residents and tourists to parts of the city where nightlife was previously absent and make it possible for people to walk to their watering holes. They create jobs and bolster other businesses, like the food trucks you find parked outside.

These benefits may be more pronounced in Pittsburgh, a city still finding its footing after the industrial collapse of the late 20th century, but they're not unique to the city. In Toronto, a bevy of new breweries turned formerly industrial areas in the city's west side into vibrant destinations.

While craft breweries can be a shortcut to urban renewal, they don't happen without good zoning laws. During a trip to Winnipeg in 2016, for example, I learned

zoning rules prevent breweries from operating outside of industrial areas — not exactly patio-ready spots.

Fortunately, the city is now rethinking its regulations with an eye towards inviting would-be brewers downtown.

Adding beer to the menu in cities is just what urbanist thinker Jane Jacobs meant when she said "new ideas need old buildings." And let's be honest, there's few better places than the bar for sharing new ideas.

### PUBLIC WORKS The week in urbanism



TORSTAR NEWS SERVICE

#### BRIGHT IDEA

Kamloops, B.C., is getting a solar road. A new technology in Canada, the road on the Thompson Rivers University campus will have embedded solar panels, turning it into a power plant.

#### HELPING HAND

New York City's digital info kiosks are now even more helpful. In addition to providing free Wi-Fi and charging stations, the city is rolling out Aunt Bertha, an existing app that connects citizens to the social services they might need.

### CITY CHAMP Metro's Citybuilder of the week



**Kalen Anderson** is the director of the City of Edmonton's planning department. She farms her backyard, promotes transparency in planning and has pushed infill housing to help the city grow and adapt.  
**@KalenAnderson**

### URBAN DICTIONARY



#### DEFINITION

The **setback** of a building is the gap between it and the street, other buildings or whatever may be adjacent.

#### USE IT IN A SENTENCE

The extra-wide **setback** on the new skyscraper downtown left plenty of space for sidewalks and a decorative fountain.







# 'I remember choking you'

## DOMESTIC ABUSE

### Documentary sees ex-couple discuss their violent past

Attiya Khan, sitting across the table from her former boyfriend, asks if he can describe the way he abused her.

"Oh yeah," he says. "That's tough. That never leaves your mind."

Steve — who abused Khan daily for the two years they dated and lived together as teenagers, decades before this meeting — swallows, looks down, shakes his head and then looks back at her.

"I remember choking you. I don't really remember hitting much, but I remember that."

This is one of several pointed questions Khan asks in a consensually-taped conversation that opens *A Better Man*, a dialogue-driven documentary that looks deep into an abusive relationship as it was experienced and continues to linger through the lives of both people involved.

The documentary, co-directed by Khan and filmmaker Lawrence Jackman, will have its world premiere at Toronto's Hot Docs festival on Sunday.

In the film, Khan, 43, and Steve, whose surname is undisclosed, visit the Ottawa apartment they used to share, walk through the halls of their former high school and discuss their past with and without a counsellor present. They recall details of the violence that occurred through-



**A Better Man follows Attiya Khan and ex-boyfriend Steve as they discuss their former relationship. Steve abused her when they were teenagers. Sarah Polley is an executive producer on the documentary. CONTRIBUTED**



out their relationship.

"There is something so satisfying about being able to tell the person who hurt you what exactly it is they did," Khan said. She says when Steve started being accountable for his behaviour, 20-plus years later, she felt she was finally able to start healing.

"I no longer have nightmares about being hurt. Flashbacks are happening a lot less. I don't anticipate violence wherever I

they find where their lockers used to be — Steve remembers the location, while Khan barely recognizes the hallways. She says she rarely looked up when she was a student, afraid Steve would catch her glancing the wrong way.

Beginning a couple of years after Khan left Steve, the two began bumping into each other in the streets. At one of the more recent encounters a few years

ago, she asked him if he'd speak with her on camera about their relationship, suggesting the insight might be helpful to others experiencing violence.

About half a year later, he reached out. He was ready to try.

Early on, Khan had only planned to have a small role in the film. But she realized it might be tough to find others who would speak about their own violent actions. She wanted to show both sides of the story and have it led by someone who had experienced abuse, so she and Steve became the focus.

"It's not often we hear about people being accountable to those they have harmed."

Khan says that going into the project, she hadn't considered that people who have been violent could work toward living a completely non-violent life.

She says she talks with Steve changed the way she approaches her work as an advocate and counsellor for those who experience domestic violence. She thinks believing people can change can save lives.

"Many people don't want to hear from people who use violence. We hold anger towards people who have hurt others. This is a valid emotion. However, it's okay to care for someone who has used violence."

Both filmmakers say some

scenes will be hard to watch and that it's intentional — they want to show what these discussions look like.

Another main theme in *A Better Man* is how trauma is amplified when no one intervenes.

"Intimate partner violence is not something we feel comfortable talking about or addressing as a society, and people are understandably afraid they'll be hurt if they intervene," Khan says. "But I needed the film to show how isolating and hurtful it was for me when people chose to look the other way."

To stop violence, Khan says, both the violent person and the abused person can benefit from access to resources and support.

"Talking to Attiya is the reason I'm healing," Steve said. "If we hadn't done this, she might know that I'm sorry, but those are just words. I'm hoping that sitting down and doing this is showing her how sorry I am."

Steve told Khan he never abused anyone before his relationship with her. Khan says she hasn't asked him whether or not he's ever used violence against anyone since. She says she knows revisiting their past was hard for Steve too, and thinks he was brave for taking part in the film.

Khan hopes her film makes it in front of policy-makers, and those in the criminal justice system and social services. "We all need to collaborate and invest in resources that provide a whole range of options for people who have experienced violence to find justice, support and healing. One path towards justice isn't enough." TORSTAR NEWS SERVICE



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# Not every woman is able to 'lean in'

## NEW BOOK

### Sandberg sees shortcomings of her previous career advice

Though perhaps best known as Facebook's No. 2 executive, Sheryl Sandberg is also a mentor, mother, billionaire and author. When her husband Dave Goldberg died suddenly in 2015 while they were vacationing in Mexico, "widow" was added to the list.

"The grief felt like a void, like it was sucking me in and pushing on me, pulling me in and I couldn't even see or breathe," she said. "People who have been through things like this told me it gets better. And I really didn't believe them.... I want other people going through things to believe it does get better."

Her new book, *Option B: Facing Adversity, Building Resilience and Finding Joy*, written with psychologist Adam Grant, chronicles the devastating loss, her grief and how she emerged from it with a new perspective



In *Option B*, Facebook exec Sheryl Sandberg recounts the grief she experienced after the death of her husband. She advises on how to come back stronger, with support. GETTY IMAGES

on life. A humbled follow-up to her first book, *Lean In*, it's also a how-to, describing techniques for building strength and resilience and ways to support those going through hard times.

Sandberg also uses the new book to address what she now

sees as shortcomings in the career advice she offered women in *Lean In*. Surveying the world as a wealthy corporate executive rendered her oblivious to circumstances faced by less fortunate women, she acknowledged. Not everyone can lean

in; not everyone wants to.

The most affecting parts of the book recount not just Sandberg's grief, but that of her children. Arriving at the cemetery for his funeral, they "got out of the car and fell to the ground, unable to take an-

other step. I lay on the grass, holding them as they wailed," unable to protect them from their sorrow.

It did get better, slowly. Sandberg returned to work at Facebook in a haze, unable to summon previous self-confidence.

ed to post on Facebook about her grief, her gratitude toward her friends, and her related tumultuous feelings — for instance, coming to believe she would never again feel real joy.

The change was immediate. Friends, co-workers and strangers began reaching out.

**I didn't get how hard it is to succeed at work when you are overwhelmed at home.**

Sheryl Sandberg

"I couldn't understand when friends didn't ask me how I was. I felt invisible, as if I was standing in front of them but they couldn't see me," she writes, adding that by staying silent in such situations "we often isolate friends, family and co-workers."

At Facebook, Sandberg has long been an advocate of "bringing your whole self to work," meaning a willingness to share your personal life with co-workers. But this can get tricky when it comes to facing trauma. Sandberg found it difficult.

Then one day, about a month after Goldberg died, she decid-

"I know it almost sounds silly because I certainly work at Facebook and I know what Facebook's mission is," she said. "But experiencing it for myself was a very ... deep experience."

Talking about these things, as difficult as it might be, can be a lifeline. A few weeks after she lost her husband, Sandberg was talking with a friend, making plans for someone to fill in for a father-child activity. Crying, she told the friend: "But I want Dave." He put his arm around her and said: "Option A is not available. So let's just kick the s— out of Option B."

THE ASSOCIATED PRESS

## Turbo

### Domestic Medium Hair

Gorgeous Turbo is a senior cat, 13 years old, but if I hadn't told you that you would never guess his age. Turbo loves to cuddle, and that soft fur and big friendly purr really invite you to snuggle. He has the quick reflexes of a young hunter, and he loves to play with his toys. Turbo finds himself in the shelter at this stage in his life through no fault of his own; his guardians were moving and were unable to take him.



For more information on **Turbo** and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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## LGBTQ

### Caitlyn's candid new book

Caitlyn Jenner opened up Monday about her frank new memoir detailing her now two-year-old transition and the bumps along the way, including her three failed marriages, thoughts of suicide while she was relentlessly pursued by paparazzi, and, finally, freedom to be her true self.

Yes, contrary to the thoughts of many in the trans community, she uses her former name, Bruce, in the book, "The Secrets of My Life," out this week. And, yes, she describes her liberating, below-the-belt gender reassignment surgery — "The Final Surgery" as she calls it — on the very last page, insisting it's the last word for her about that.

And yes, she takes on, briefly, her conservative political views when it comes to President Donald Trump and issues like less government, but not so on issues important to the LGBTQ community as a whole, such as same-sex marriage.

Why go to any of these places to begin with months after her formal coming out interview

with Diane Sawyer on ABC, watched by 17.1 million viewers, then on the cover of *Vanity Fair*, and finally her now-cancelled reality show on Bravo, "I Am Cait," where she went on the road with fellow members of the trans community?

"I needed to pour my heart out on everything," the 67-year-old said. "What I was trying to accomplish is, one, get it all out for myself, so there was no other secrets left, but two, it was the way I dealt with my stuff."

The book, co-written by Buzz Bissinger (he wrote the *Vanity Fair* story), has already brought on bitter, hurt tears from Jenner's third wife, Kris Jenner, whose closet Caitlyn once regularly raided as she stole moments to cross dress while struggling with her gender identity. They are moments, Caitlyn said, that Kris was well aware of before "I made love to her" after the two met in 1990.



Buzz Bissinger (he wrote the *Vanity Fair* story), has already brought on bitter, hurt tears from Jenner's third wife, Kris Jenner, whose closet Caitlyn once regularly raided as she stole moments to cross dress while struggling with her gender identity. They are moments, Caitlyn said, that Kris was well aware of before "I made love to her" after the two met in 1990.

"To be honest with you I haven't even talked to her about it," Jenner said of Kris' reaction to the book.

There were many dark times for the Olympic gold-medal winning decathlete as he went about hiding his gender struggles, including a false start in transitioning in the 1980s.

Jenner took hormones, then balked at that time, but her enlarged breasts did not disappear after the treatments stopped, requiring liposuction as she continued living as a man.

There was one moment in particular, years later, that took Jenner to the ultimate dark place — suicide. The celebrity news site TMZ distributed a photo of a disheveled Jenner emerging from a doctor's office after a procedure to have her trachea shaved so she could appear more like a woman. This was before Diane Sawyer and her formal coming out, and it felt like a painful, forced outing.

"It got to the point where I thought, you know what, I know the easy way out," Jenner said. "I got a gun in the house ..."

"But then the next day I thought, wouldn't that be the stupidest thing you've ever done, to silence your voice? You have the opportunity here to really make a difference, to live your life honestly."

THE ASSOCIATED PRESS



# Proposed tower needs fuller picture of public opinion

For the past four years, Armco Capital has been working to develop a prominent, 29-storey residential building that would stand at the gateway to the eclectic and rapidly evolving Quinpool business district. Located at the corner of Quinpool Road and Robie Street, Willow Tree Tower would breathe new life into an aging and dated corner of the city.

Since 2013, the building's original 22-storey design has evolved to reflect public input, and concerns from HRM staff and regional council. Specific changes were made to narrow the building and to reduce the impact of shadows on the Halifax Common, bringing the height to 29 storeys.

In September 2016, this design was endorsed by regional council. After a changing of the council guard in November 2016, the new council revisited the issue and voted to reduce the height of Willow Tree Tower to 20 storeys based on "concerns from the public."

In speaking with HRM staff, Armco learned that the proposal had received 100 letters of opposition, most of which came from organized special interest groups.

"We asked ourselves, should 100 letters represent over 400,000 people in HRM?" said Adam McLean, Armco's director of development and sales. "Are 100 letters holding back development and progress in this city?"

McLean agrees that public opinion should be heavily weighted on development proposals, but how that feedback is collected is not truly reflective of the vast majority. Currently, those wishing to share their opinions on a proposed project need to either attend a public meeting (typically held in the evening) or write to the mayor or council. There needs to be an online component for collecting feedback as part of the process, McLean says.

"In 2017, this is archaic. Individuals who support an application are not likely to spend an evening in council chambers saying they like a project, whereas the handful of people who oppose developments are very motivated to be there," he says. "This opposition is all that forms the record of public opinion, and that results in a flawed process which only reflects the vocal minority."

Since the decision was made by council



CONTRIBUTED

to reduce the height to 20 storeys and go to a public hearing, Armco decided to conduct some informal surveying through social media to see if this decision truly reflected the opinions of the majority.

Of the 1,500 people who responded over a four-day period, 65 per cent of those were in favour of moving forward with the project at the current height, including some business owners

and residents of the area. Citizens also took to Twitter and various blogs to voice their frustration with the backward step in the process, and expressed their desire for the Willow Tree Tower to be built at 29 storeys, without further modifications.

McLean urges anyone who wants to have a say to show their support and sign the petition at [100letters.ca](http://100letters.ca).



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# SPRING HOME SPRUCE UP

## Get your finances in order for the big purchase

Spring is a time for renewal and refreshment and that could mean buying a new home or renovating. Credit Union Atlantic (CUA) has a number of personalized solutions to make it happen.

"We're great at guiding people to understand and improve their financial situation. Helping our customers and their families is what we're all about," said Marie Mullally, president and CEO of CUA.

CUA is a local banking institution that has been operating for 68 years. CUA is one of the largest credit unions in Atlantic Canada and operates primarily in Halifax, which gives them a very strong knowledge of the local market. CUA offers flexible products tailored to each customer, with personalized service from expert advisors.

"This time of year we're often talking about mortgages as people are looking at home ownership," Mullally said. "Homes come in all shapes and sizes. CUA has a variety of flexible mortgage products that can get you into your new home faster."

CUA's No Down Payment Mortgage is a great solution, especially for first-time homebuyers who want to get into the market and start building equity. Customers can access up to five per cent of the purchase price of the home in the form of a loan or line of credit they can use for their down payment.

For those fixer-uppers, CUA has a Purchase Plus Improvements Mortgage where renovation costs can be factored into the overall amount you borrow. "We also offer a mortgage for mobile homes in conjunction with



ISTOCK

CMHC," Mullally said. "There's only one other financial institution that offers this product and it's helpful for those who find a mobile home suits their lifestyle."

Recognized internationally as a Certified B-Corporation, CUA also has special financing available for homeowners who want to tackle energy-efficient upgrades such as solar panels and heat pumps. "CUA's Go-Green

Financing Program was developed to help people save in the long term, improve overall energy usage and reduce their environmental footprint."

Spring cleaning can be daunting, whether you're talking about your home or your finances. According to Mullally, the best advice for anyone considering changes to their current or future address is to talk to an expert.

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SPRING HOME SPRUCE UP

# Leaf gutter cleaning to the pros

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Gutter cleaning prevents costly water damage or landscaping damage as well as eliminates mosquito nesting areas. Start by calling their office today to schedule your cleaning and inspection service at 902-468-5125.

"Leaves and debris can get stuck in the gutters and once that happens the problem compounds quickly," said Bren VanderZwaag, owner/operator of MetroGutter and Home Services. "Once this happens water will overflow and can cause permanent damage to your home."

Downspouts and elbows are often areas which can be clogged with leaves and debris and will also cause an overflowing gutter problem.

Winter storms can be particularly hard on your gutter system, said VanderZwaag, who has more than 15 years experience.

"High winds can often detach downspouts and the extra weight of ice and snow in your gutter system can even cause the gutter to become detached. If ice has been an issue over the winter downspouts, elbows can often split due to expansion," he said.

Getting your gutters cleaned professionally



ISTOCK

will not only save you a back-breaking weekend of work, but will give you the confidence that your gutter system is functioning properly for the rest of the season...at least until the leaves begin to fall again. When hiring someone to clean your gutters, VanderZwaag said it is important to make sure they have general commercial liability insurance as well as Workman's Compensation, like MetroGutter and Home Services.

Visit [metrogutter.ca](http://metrogutter.ca) or call 902-468-5125 to speak to VanderZwaag and his professional team about a free estimate within 48 hours.

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"We're building new homes and doing renovations all over Halifax," says Mitchell. "Many of our customers are people who are looking at retiring and deciding whether they want to fix up their current house so they can stay in it for the long haul, or fixing it up to sell it and build or buy something that will work better for them as they get older. There are a lot of us baby boom-

ers out there and we're all working through the same decisions."

Mitchell has been building quality custom homes in the Halifax area for more than 40 years. Years of hands-on experience through framing, running operations and dealing with customers have given him the knowledge to deliver the best possible product to his customers. His conviction to his craft and commitment to clients has earned him a reputation as a trusted industry leader. He's only recently retired his tool belt to focus solely on the operation of his company and the structural quality of his homes.

**THERE ARE A LOT OF US  
BABY BOOMERS OUT THERE  
AND WE'RE WORKING  
THROUGH THE SAME  
DECISIONS.**

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## Price remains same for Habs

NHL

### Montreal's star goalie staying put; Radulov may follow suit

Carey Price has put to rest any concern about leaving the Montreal Canadiens.

The star goaltender can become an unrestricted free agent at the end of the next season and there has been speculation the team may trade him if they can't work out a contract extension this summer.

And some wondered if Price wanted to stick with a team that had Stanley Cup aspirations but didn't have the offensive guns to get it done as they crashed out of the first round of playoffs in six games against the New York Rangers. Price made it clear he has no desire to go.

"I want to stay here," Price said Monday as players met the media for the last time before the off-season break. "I know we'll figure out a way to make all the pieces fit and bring a championship here."

Asked about contract talks, which cannot begin until after July 1, he said: "I don't have any worries about it. I'm sure it will all take care of itself."

General manager Marc Bergevin feels the same way, say-



Carey Price was his usual stalwart self in the playoffs but was narrowly outplayed by Rangers counterpart Henrik Lundqvist in the Habs' first-round loss. MINAS PANAGIOTAKIS/GETTY IMAGES

ing that he will do all he can to get Price's name on a new deal even though the 2015 Hart and Vezina Trophy winner will likely command top dollar.

Asked if it is possible to win with a goalie as the highest paid player on the team, Bergevin said: "I hope so because he's not going anywhere."

The 29-year-old Price was solid in the post-season, allowing only 12 goals in six games, but the attack generated only 11 goals against the Rangers. It will be up to Bergevin and his staff to find scoring help, but Price likes

**"I want to stay here."**  
Carey Price

the team's chance and called it one of his most "fun" seasons.

"I feel we have a lot of the right pieces here," said Price.

"Whenever you don't win you want to take a step back and evaluate what you've got but I feel like we have a lot of really good pieces here."

Whether they will keep those

pieces in place is the big question of the off-season.

First up will be right-winger Alexander Radulov, who made a strong return to the NHL after a four-year absence on a one-year contract with Montreal. The Russian led the team with seven points in the playoffs, but can become an unrestricted free agent on July 1.

Radulov said he'd like to stay and could even sign before July 1, but couldn't guarantee it.

"I want to play on a good team that has a chance to win," said Radulov. "Montreal is always put-

ting that goal in front of them.

"Every time, they want to win. The whole city wants to win and next year won't be different."

Radulov was part of last summer's upgrades, which included signing two-time Cup champion forward Andrew Shaw and a blockbuster trade that sent P.K. Subban to Nashville for Shea Weber the veteran rearguard. Weber brought a needed physical element to the defence as well as a rocket shot on the power play, but it was Subban who advanced to the second round of playoffs with the Predators.

The 31-year-old Weber, who has eight years left on his contract, could be key in signing both Price and Radulov. He is one of Price's best friends and he put in a good word to Bergevin about signing his former Nashville teammate Radulov last summer. Weber hopes to use his influence again, starting with Price.

"I've got a job this summer — him and Rads," said Weber. "For sure, we'll discuss it. You want the best players, and (Price) is our best player. So I don't see any reason why I wouldn't want to play with him. Let's sign him for eight years, too."

A decision also looms on Weber's power play defence partner Andrei Markov, 37, whose three-year contract is about to expire.

THE CANADIAN PRESS

NHL

### Leafs had big hopes pre-season

Morgan Rielly and his Maple Leafs teammates knew something no one else did when they huddled together for dinner before the start of the 2016-17 season.

"We knew that we were going to be better than everyone thought, and I think the coaches knew that (too)," said Rielly. "And we made an effort not to let anybody else know because we didn't want people to know."

The Leafs ultimately made a 26-point jump in the NHL standings from last season's bottom finish, unexpectedly made the playoffs and nearly pushed Presidents' Trophy-winning Washington to seven games in a tight first-round series.

Toronto shattered expectations all season long, just not among the players. Sneaky belief started with a rookie class that looked ready-made for the NHL at training camp — even before that in the case of Auston Matthews, who played alongside Rielly with Team North America at the World Cup of Hockey.

Leaf players looked to Rielly for the inside scoop on Matthews. Was he the real deal? "Uh, yeah," Rielly responded. Then Matthews scored four goals on his NHL debut and those teammates knew for themselves. THE CANADIAN PRESS

NFL

### Zeke paves way for more RB success

Ezekiel Elliott's immediate impact last season, along with one of the strongest classes in years, have made running backs popular again heading into this week's NFL draft.

After running backs failed to go in the first round in 2013 and '14, LSU's Leonard Fournette, Stanford's Christian McCaffrey and Florida State's Dalvin Cook could be selected on Thursday.

That would mark the first time since 2012 that three backs are selected on the first day.

"It was a good thing for us coming in right now," Cook said. "Zeke did a great job of catching the ball out of the backfield, protecting Dak (Prescott) at quarterback, and running very well behind a good offensive line."

THE ASSOCIATED PRESS

**15**

Elliott ran for 15 TDs last season.

#### IN BRIEF

##### Jimmie Johnson makes it back-to-back victories

Jimmie Johnson has won consecutive races for the 11th time in his career with a rare victory at Bristol Motor Speedway.

Monday's victory was only the second at Thunder Valley in his career. But Johnson was strong enough to contend with Kyle Larson, the points leader and most dominant driver of the day. A speeding penalty on Larson late in the race allowed Johnson to make it look easy in the end.

THE ASSOCIATED PRESS

##### Tebow settling in at the dish

Tim Tebow had his best week in the minors, showing some consistency at the plate last week with two multi-hit games for the Columbia Fireflies.

The 2007 Heisman Trophy winner and former NFL quarterback played in six of the Fireflies' seven games last week, all three at Rome and three of four with Lexington.

Columbia went 2-1 against Rome and 1-3 against Lexington.

THE ASSOCIATED PRESS

NBA PLAYOFFS

### Grizzlies pull even despite hot Leonard

Memphis Grizzlies coach David Fizdale sat down behind the microphone after surviving a 110-108 overtime thriller that tied their first-round series with the San Antonio Spurs at two games apiece.

After Marc Gasol hit the game-winner with one second to play, the only thing better than the shot to Fizdale was that there wasn't enough time left for Kawhi Leonard to get a chance of his own.

"I'm taking suggestions on



**Kawhi Leonard**  
GETTY IMAGES

how to guard Kawhi Leonard," said Fizdale with a sigh. "I've tried everything. The guy, he's tough. Man, he's a superstar." Leonard is averaging 32.5 points, 6.5 rebounds and 3.3 assists, shooting 58 per cent from the field. THE ASSOCIATED PRESS



MAKE IT TONIGHT

# Non-traditional Sweet Potato and Carrot Latkes



PHOTO: MAYA VISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada



• 1/2 cup grapeseed oil, approx.

Serve with applesauce and chive sour cream

## Directions

**1.** Peel and chop potatoes and carrots. Once you have everything shredded, squeeze any liquid from them.

**2.** Heat oil in a deep 12-inch non-stick skillet over medium high heat until hot. Working in batches, spoon about 1/8 cup of potato mixture into pan and flatten with a slotted spatula. Reduce heat and cook until golden brown, about 1 1/2 minutes. Flip and cook on the other side. Remove latkes from pan and place on a paper towel to drain.

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

These latkes are less traditional but we've had these sweet patties approved by more than one Bubbie.

## Ready in 20 minutes

Prep time: 10  
Cook time: 10  
Serves 4

## Ingredients

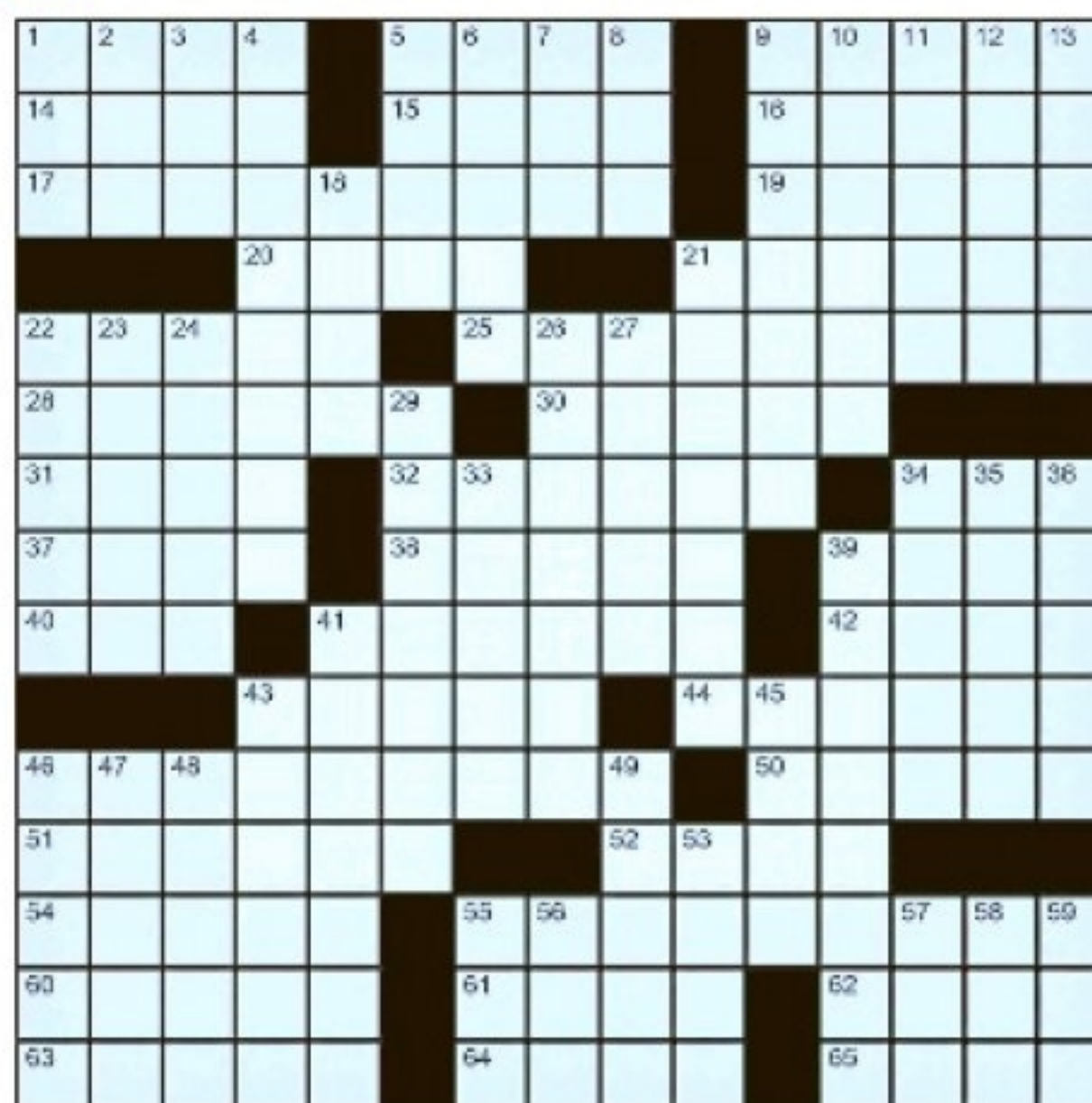
- 2 large sweet potatoes, peeled, shredded and squeezed of all their liquid
- 2 large carrots, peeled and shredded and squeezed of all their liquid
- 1 scallion, finely chopped
- 3 eggs, beaten
- 1/3 cup spelt flour
- 1 tsp salt
- 1 tsp cinnamon

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Ricky Martin's "Livin' La Vida \_"
5. Well protected
9. Diamond points in baseball
14. Sci. class
15. Take apart
16. Construe
17. The brightly painted abodes that St. John's is famous for ...first word here, second and third words of answer at #25-Across
19. Indian Ocean arm, \_ Sea
20. Pink, in Madrid
21. "King \_" by Elvis Presley
22. Garnish atop a plate of spaghetti
25. Continuation of the Newfoundland-themed clue at #17-Across
28. Name dropped by John Melencamp
30. Campus groups, e.g.
31. Hurry
32. Fairylike
34. Discontinuity
37. Without \_ (Daringly)
38. Enumerates
39. Sea lettuce
40. Docs
41. Formulate
42. Complain
43. Got word
44. Rubble
46. Saskatchewan: Rural Municipality of \_ No. 108
50. Laconically



51. Insight
52. Confine
54. Ms. Blair of acting
55. Showy red flower
60. Stories
61. 'Breath' candy
62. The Kinks hit
63. Nap noisily

64. Lays, in landscaping
65. Competently

## DOWN

1. President after JFK
2. Goose, in Quebec City
3. Mil. officer

4. "Okay," 2 wds.
5. Stand-in profs
6. Poet's 'close by'
7. US health-related agcy.
8. Time division
9. Here Comes the Bride! Engage, 1800s-style

10. Farewells, in France
11. Wrestlers of Japan
12. School: French
13. Ecological stages
18. Fitness class with a mat

21. Made a gliding step in ballet
22. "Vamoosel!"
23. Hammer
24. Schemes
26. Out of the lines in sports
27. Legal documents
29. Brush up on
33. Book, in a Quebec library
34. Lady Gaga's "The Edge of \_"
35. Be of service
36. Popular garden flower
39. Rainy day implement
41. Expire on Earth
43. Tailor, at times
45. Uptight
46. Rope fibres
47. Atlantic \_
48. Void, in Venice
49. \_ \_ \_ The Sunshine Band
53. \_ & Sciences
55. Pre-afternoon hrs.
56. "O Sole \_"
57. Tennis shot
58. Feeling flush
59. Enunciate

# \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is a powerful day for you. The Moon and Mercury are in your sign, which gives you good fortune and a levelheaded mind for making future plans.

**Taurus** April 21 - May 21  
Behind-the-scenes research will go well today, because you won't overlook details. For you, the job is everything, and you want to get it done.

**Gemini** May 22 - June 21  
Someone older or more experienced will give you excellent advice today. Listen to others, because it will help you — and don't we all need all the help we can get?

**Cancer** June 22 - July 23  
A discussion with a boss or someone in a position of authority will go well today. This person is impressed with you, and the feeling is mutual. Listen to what he or she says.

**Leo** July 24 - Aug. 23  
It's easy to study deep subjects today. This also is an excellent day to make travel plans. Profound discussions about politics, religion and racial issues might also occur.

**Virgo** Aug. 24 - Sept. 23  
Tie up loose ends pertaining to taxes, debt, inheritances and shared property today, because you have the right mindset for doing this. You are focused and will not overlook details.

**Libra** Sept. 24 - Oct. 23  
A discussion with a partner or close friend will focus on practical matters today, because you are in a practical frame of mind. Outline your expectations for how to do something.

**Scorpio** Oct. 24 - Nov. 22  
This is a productive day at work because you are very hands-on and ready to do things. It doesn't matter how mundane or menial the task is — you want to finish the job.

**Sagittarius** Nov. 23 - Dec. 21  
Whether in the arts or in sports, practice makes perfect. Today you are prepared to practice and hone your skills. Good for you.

**Capricorn** Dec. 22 - Jan. 20  
Talk to a family member, especially someone older or more experienced, because he or she will have good advice for you today. Perhaps you want to deal with home repairs?

**Aquarius** Jan. 21 - Feb. 19  
This is an excellent day for planning and discussing future plans with others. You want to take a long-term view of things and plan something you've been thinking about.

**Pisces** Feb. 20 - March 20  
If shopping today, you will want to buy long-lasting, practical items only. Financial security is important today. (No silly or impulse purchases for you!)

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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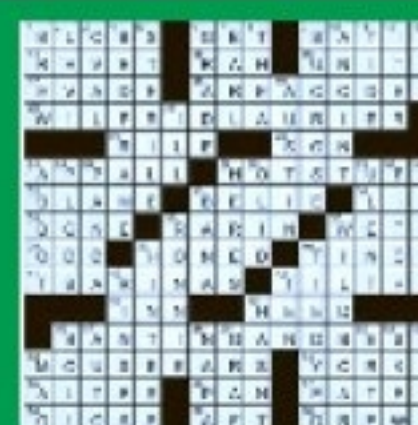
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>>>

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to  
metronews.ca/games



6	9	2	1	8	4	3	7	5
4	1	7	3	5	9	2	8	6
5	3	8	6	7	2	1	4	9
2	8	5	4	1	6	9	3	7
9	4	1	5	3	7	8	6	2
7	6	3	9	2	8	5	1	4
3	2	6	8	4	5	7	9	1
8	7	4	2	9	1	6	5	3
1	5	9	7	6	3	4	2	8



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